



MacDonald more popular in latest poll

PREMIER Rodney MacDonald has grown more popular with Nova Scotians according to a Corporate Research Associations poll.

The poll found 27 per cent of Nova Scotians preferred MacDonald as premier as opposed to 22 per cent back in May. The NDP's Darrell Dexter remained narrowly in first at 29 per cent.

METRO HALIFAX

World page 8

Palin talks up experience, rips Obama

Sport page 11



QB's ready to fill SMU void

Entertainment p15

Mitch heads to Idol finale

Food page 13



Sweet ideas for lunchtime



Left to right, Cpl. Andrew Grenon, Pte. Chad Horn and Cpl. Michael Seggie, all of the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo, Man., were killed in an attack in Afghanistan yesterday.

Three soldiers die in militant attack

Five others injured after Taliban target armoured vehicle

Three Canadian soldiers were killed in Afghanistan yesterday when their armoured vehicle was attacked by militants, in what Canada's top general acknowledged as a worrisome jump in direct violence.

Five other soldiers were injured in the incident, two of them seriously. The military gave few details but said the men had not been killed by a roadside bomb.

Cpl. Andrew Grenon, 23, Pte. Chad Horn, 21, and Cpl. Michael Seggie, 21, of the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo, Man., were killed in the attack.

"The soldiers were con-

Canadian Forces death toll rises to 96

- So far 96 Canadian soldiers have died since Ottawa deployed troops to Afghanistan in late 2002.
- Canada has around 2,500 soldiers based in the southern city of Kandahar on a mission that is due to end in 2011.

ducting a security patrol when the attack occurred," said Brig.-Gen. Denis Thompson, who commands the Canadian force in Afghanistan. "They returned fire, both with small arms and they attempted to return fire using other assets as well," he told a news conference in Kandahar.

Thompson said the slain soldiers had all been coming to the end of their scheduled tours of duty.

Chief of Defense Staff

Gen. Walter Natynczyk, Canada's top soldier, said the latest attack pointed to a disturbing trend of direct attacks by Taliban militants.

"This attack is worrisome, in the kind of sophistication of that attack," he told reporters at a conference in Banff, Alta.

"The security situation in this campaign season, the fighting season, is tough, and we are seeing sophisticated capabilities in terms of training and proficiency

of the Taliban," he said.

"At the same time, we're learning, we're adapting and trying to get ahead of the Taliban."

Prime Minister Stephen Harper said the government knew Canadian soldiers would be in harm's way when Canada joined the force in Afghanistan seven years ago.

"We have never told anybody anything other than this is a very dangerous, very difficult mission," Harper told a televised news conference in Windsor, Ont.

REUTERS

School without power on first day

OUTAGE About 52,000 students in metro went back to class yesterday. But a few barely got to their news desks yesterday when the power went out at Central Spryfield Elementary.

"They have a fairly old central electrical panel in that building," Halifax Regional School Board spokeswoman Shaune MacKinlay said.

"Something loosened in that panel and that caused the outage."

"They have a fairly old central electrical panel in that building. Something loosened in that panel."

Shaune MacKinlay, Halifax board rep

About 190 students at the 61-year-old school were taken to nearby Elizabeth Sutherland School, while a maintenance crew cussed out the damage.

The children were eventually sent home around 11 a.m. when it was determined the problem would take all day to fix.

"It was the easiest thing to do under the circumstances," MacKinlay said.

She said everything should be back to normal today.

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Global harmony torch makes area pitstop

A little bit of world harmony jogged into Halifax yesterday. International runners carrying a torch stopped in Halifax on their journey west for the annual World Harmony Run.

METRO HALIFAX

3

Local



That's a lot of ABCs

The largest number of kids in primary classes in over a decade will flood school halls this year. New rules mean more than 10,000 primary students will start school in the province this week. About 2,100 four-year-olds are now eligible to go to school if they have their fifth birthday on or before Dec. 31st.

METRO HALIFAX

Premier hangs tough on arts

PHILIP CROUCHER
for Metro Halifax

Not backing down from his public condemnation of Stephen Harper's decision to slash \$44.8 million in federal funding to provincial arts across the country, Premier Rodney MacDonald helped kick off the new Fall for the Arts program for Nova Scotia at a media conference yesterday at Pier 21.

Fall for the Arts is designed to celebrate arts and culture in Nova Scotia, and highlight a number of the high-calibre events taking place in the next few months. They include the Atlantic Film Festival and Celtic Colours.

"We want to take every opportunity to showcase what is happening here in Nova Scotia when it comes to arts and culture," MacDonald told reporters. "Celtic Colours is a great



Premier Rodney MacDonald (second from left) claps after listening to the Blue Engine String Quartet during a Fall for the Arts media conference yesterday at Pier 21.

example. It showcases international artists. It showcases Nova Scotia artists, and it's a great tourism opportunity."

About 100 people from the provincial arts community took in yesterday's media conference, and many were open to dis-

cussing MacDonald's tough talk regarding Harper's funding cuts.

"We have to have (MacDonald on our side). Not

just him. We have to have every premier at this point," said Gregor Ash, executive director for the Atlantic Film Festival. "The cuts that have happened from the federal point of view are significant."

Music Nova Scotia president Brian Doherty added, "It's important that maybe the (federal) government re-thinks its strategy on this ... it more than pays back any investment the government might make."

MacDonald doesn't believe the issue of arts funding will go away, and expects it to be a hot-button topic when an expected federal election gets called in the coming days.

"It will be a topic brought up, and I'm going to continue to bring it up," MacDonald said. "I hope to see during the federal election a commitment from each of the parties to cultural funding, which will help Nova Scotians."

Police seek information on highway attack

INVESTIGATION RCMP in Sherbrooke put out the call yesterday for information on a robbery and assault on Highway 7.

The victim was called out to provide service for a man on the highway on Saturday at around 10 p.m. but when he got there, several men attacked him. They took several items, including the man's truck.

The victim was treated for serious, but not life-threatening injuries.

Police are asking for any witnesses to call the Guysborough District RCMP at (902) 533-3801 or contact Crime Stoppers at 1-800-222-TIPS.

METRO HALIFAX

News in brief

TV SERIES Halifax-based DHX Media Ltd. announced it will produce a one-hour family drama series commissioned by Vision TV, which has been granted broadcast rights for Canada. Under the working title Mahalia, the series consists of six episodes.

METRO HALIFAX

Boudreau trial delayed till Oct.

JON TATTRE
for Metro Halifax

On the day Karissa Boudreau would have started Grade 7, her mother's murder case resumed in Bridgewater.

Penny Boudreau's lawyer told the provincial court yesterday that the disclosure of evidence hadn't been completed in the first-degree murder case. Boudreau, 34, is accused of killing her 12-year-old daughter. The schoolgirl was reported missing on

Jan. 27 and her body was found on the frozen bank of the LeHave River on Feb. 9.

Boudreau was charged with murder in June.

The case will be back before the court on Oct. 22.

Penny Boudreau was not in court. About 35 people attended, including half-a-dozen family members.

"She should be here," said one woman of Penny Boudreau. "Paul and the family deserve it."

Paul Boudreau, father of the slain girl, briefly spoke to reporters after the hearing.

June appearance

• More than 100 people gathered to jeer Boudreau at her last court appearance on June 16.

"We're ready to get it started," he said of the trial. Crown prosecutor Denise Smith blamed the delay on the amount of evidence.

"There is a lot of material," she said outside the court. She added that statements have to be transcribed and electronic disclosure is still being compiled.

Blumenthal to run again

ELECTION Jerry Blumenthal's hat is back in the ring.

The former councillor for Halifax-North End from 1994-2004 announced his intention yesterday to run again in the upcoming municipal

election.

In a statement, Blumenthal said there is a feeling among the community the current direction of HRM Council is not serving the best interests of Halifax North End.

METRO HALIFAX

Man assaulted in Dartmouth apartment

ATTACK A man narrowly avoided being stabbed with a screwdriver in his apartment Tuesday night.

Two men walked in the 24-year-old man's apartment in Dartmouth through an unlocked door. One of the suspects tried to stab the vic-

tim, while the other repeatedly punched him in the head. The victim passed out, and called police when he woke up. He was treated at the hospital for a minor head wound. Police say they believe it wasn't a random attack.

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What's online today.

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Racing around the world

Halifax man prepares for second try at 100-day solo endurance test

JON TATTRE
for Metro Halifax

A Halifax man is preparing to sail solo around the world in a 100-day race.

Derek Hatfield will weather temperatures from -10 to plus 40 on the Spirit of Canada. In addition to the physical demands of sailing for more than three months in the Vendee Globe, Hatfield says the psychological struggle is paramount.

"All the skippers are mentally tough," he said yesterday.

He won't sleep for more than 20 minutes at a time, as he must constantly monitor the boat.

"Sleep deprivation is a disability, so you can't let yourself get deprived," he said.

He's done the race before. In 2003, 60-foot waves flipped his yacht during a hurricane 80 miles off the coast of Cape Hope.

The boat was thrown upside down and the mast



Derek Hatfield makes sure the Spirit of Canada is ready yesterday at the Royal Nova Scotia Yacht Squadron in Halifax.

broke off as it dragged underwater. Hatfield was on deck and the boat landed on him in the water before righting itself and dragging him back onboard.

"It was a near-death ex-

perience," he recalled calmly. "You do what you have to do."

"The biggest fear is falling off the boat," he added, noting he is always tied to it. Asked what the

plan is if he does fall, he answers: "You can't fall off the boat. That's the plan."

Skippers have been found dragging alongside their boats. After making the "one way trip" over-

board, they died of exposure.

Hatfield is sailing to France on Monday. The race starts there Nov. 9, ending in the same spot after circumnavigating the planet.

NSLC to toss plastic bag use in stores

PAUL MCLEOD
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GREEN Prepare to cast shame aside as you stroll out of the liquor store proudly displaying your weekend supply of peach schnapps.

NSLC stores across the province are getting set to do away with plastic bags.

Spokesman Rick Perkins confirmed all stores would be plastic bag-free by the end of October.

"Our plastic bags can last up to about 600 years in the landfill and we were (giving out) about ten million bags a year. That's a lot of bags going into the landfill for the next 600 years," said Perkins.

So after a year of research, they decided to drop the bags altogether. Instead there will be more durable, reusable plastic bags available similar to the ones that can be brought in grocery stores.

Paper bags will also stick around — including a new, larger kind for bigger drinks. Perkins said they'd like to one day phase those out as well, but that will take an adjustment by customers.

"And we're going to be asking customers if they want to take a bag at all, because the easiest option is to not take a bag. Beer mostly goes out of our store not in a bag," said Perkins.

The NSLC also released its first-quarter results for 2008 and once again the profits kept climbing. The new results follow the trend of liquor sales steadily rising the past three years.

rising

- From the beginning of April until the end of June NSLC sold \$134 million worth of booze, with a profit of \$52 million. That's up 6.6 per cent from the same quarter last year. Sales rose across the board, including wine (up 5.6 per cent) beer (4.9 per cent), spirits (3.1 per cent) and ready to drink sales (3.5 per cent).

Notice To Airport Users On September 6 and 7, 2008

Halifax Stanfield International Airport (HSIA) will be the site for the 2008 Nova Scotia International Air Show (NSIAS) on September 6 and 7, 2008. NSIAS staff and HSIA operations staff are working together to ensure passengers travelling to and from the Airport on these days will not experience any disruption in service. Air Show performances have been planned around regularly scheduled passenger and cargo flights and should not interfere with service. HSIA is committed to the security and safety of its passengers and operations.

Note: Air Show attendees please follow the signs to the Air Show designated parking areas.

For more information about the Air Show visit www.nsairstshow.ca.



NDP proposing home heating tax breaks

PAUL MCLEOD
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ENERGY As the temperature drops, the political parties have begun to unveil their rival home heating plans for the winter.

Yesterday Darrell Dexter and the NDP released their new plan, which calls for a doubling of home heating assistance from \$200 to \$400. They'd also like to loosen the rules to have more people apply for assistance.

Currently, households making under \$25,000 per year are eligible, but Dexter would like to see that raised to \$35,000.

"This will be the most expensive home heating season in our history. The

price for heating oil will be 30 per cent more than last year," said Dexter.

"We're merely suggesting that they take some of that (energy) tax windfall and they give it back to the people who are going to need it most."

Rather than comment on the NDP plan, Energy Minister Richard Hurlburt simply said the government would be going with its own energy plan instead.

That plan has yet to be revealed, but Hurlburt said it would be made public "very, very soon."

"We'll be doing our own plan, which we'll be rolling out in the very near future. I think when Nova Scotians see our plan they'll accept it with open arms," said Hurlburt.

"This will be the most expensive home heating season in our history."

Darrell Dexter

News in brief

STORM COSTS Torrential rains have left some Pictou County homeowners up to their ears in debt, literally. Homeowners aren't the only ones left tallying up the cost in damages. Business owners in downtown

New Glasgow have banded together to lobby the provincial government to provide emergency relief funding for major damage. Cohen MacInnis, owner of The Maritime Building in New Glasgow, predicts

he will have to pay thousands of dollars after rainwater seeped into his elevator shaft. Shaun MacLean, owner of Lolly's Gifts Ltd., says flooding caused him to lose \$10,000 in inventory. **METRO HALIFAX**

Business in Burnside

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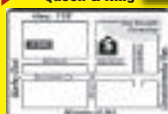


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Parents can do their part in preventing bullying by keeping an eye on their children's friendships and encouraging positive behavior, according to a project leader from the Canadian Red Cross' provincial Respected program. **METRO HALIFAX**

From heroes to eternity

Canada-wide video project visits Halifax to record veterans' stories

JON TATTRIE
for Metro Halifax

Haligonian James Dempsey spent 14 months fighting in the Korean war. During one vicious clash, he sprinted into enemy fire on the battlefield to rescue a shot soldier, earning himself a medal in the process.

"(The soldier) had been shot in the calf so badly that his leg was broken," says Randy Young, president of Friends of Veterans Canada. Dempsey administered first aid, saving the man's life.

"The guy looked him up and said he wanted to thank him for pulling him out of the battlefield," adds Young.

Young talked with another Nova Scotian who rose from ordinary seaman to lieutenant commander in an astonishing 26-year ca-

reer.

It's stories like these that Young is collecting on his online video project. The history buff has been travelling coast-to-coast across Canada to record veteran's stories. He was in Halifax last week.

The videos will be posted at FriendsOfVeterans.ca on Dec. 1.

Young, 47, is asking students and teachers to help out by filming the veterans that come to speak to them for Remembrance Day.

The footage should be turned into a "flashy" five-minute clip for the Video-a-Veteran contest, and the winner will get a trip to Holland.

"People from the Maritimes should have a lot of pride in the war veterans that you have," Young said on the phone yesterday. "There's a very rich history and the young people we are trying to encourage



James Dempsey is one of the Halifax veterans interviewed for the Friends of Veterans campaign.

should be impressed with their contribution during World War Two and Korea."

The project includes vet-

erans of all Canadian wars, including Somalia and Afghanistan, but Young is focusing on Korea and World War Two first.

"We're gathering the videos for the kids of the future," Young says, to make sure they never forget.

Politician out of District 4 contest

The Oct. 18 election in the Cape Breton Regional Municipality will be missing one familiar name from previous election ballots — Vince Hall.

Hall confirmed to the Cape Breton Post Tuesday that he will not be reoffering for District 4.

"While it has been a privilege to represent the people since 1996 and I am thankful for their support, I think it's time for me to take a break from municipal politics so that I can pursue other opportunities," he said.

"I will be taking some time to look at what professional opportunities are available to me."

Hall was elected to the regional council in 1997, re-elected in 2000 and again in 2004.

Before trying municipal politics, he was elected to the Cape Breton-Victoria Regional School board in a 1996 by-election.

Hall said it was a difficult decision to make. He said he was elected to the Cape Breton-Victoria Regional School board in a 1996 by-election.

"I soul searched about it the last couple weeks. It was a very difficult decision, (it has been) my primary trade since I have been out of university."

Although the door is shut for this election, it is not locked. When asked, Hall didn't rule out running for municipal council at a later time, or even for the mayor's position.

Hall found himself under scrutiny on several issues over the years including a second conviction for impaired driving, collecting from the municipality more than \$8,000 through council's professional development allowances to cover his university expenses in 2006, and numerous absences from committee meetings.

THE CAPE BRETON POST

Rivals

• So far, candidates who have announced they will seek the District 4 seat in the municipal election include Seward Bonaparte, Donald (Gordon) MacDonald and George Macdonald.

Lakes testing too slow: Councillor

LINDSAY JONES
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A Dartmouth city councillor says the turnaround time for testing dangerous bacteria in unsupervised lakes is too slow.

Coun. Gloria McCluskey is questioning why it took the city more than two weeks to tell people several unsupervised lakes in Dartmouth contained fecal coliform exceeding government guidelines.

"If there's anything that puts people's health in jeopardy, then we shouldn't be waiting," McCluskey said. "I don't care whether it's a beach that's supervised or not, if people are swimming in an area, then they shouldn't be waiting two weeks to get the news out."

The city took water samples Aug. 13, but only is-

sued an advisory discouraging swimming and other recreation for Penhorn Lake, Oathill Lake, Lake Banook and Red Bridge Pond on Tuesday.

City spokeswoman Deborah Story says the water testing is done three times a year at unsupervised lakes for ecological, not recreational reasons.

When the city saw the high bacteria count at all four inlets, they decided to inform the public to put people on notice.

She said water at the Birch Cove Beach on Lake Banook was tested weekly throughout August and the results were fine.

There are 62 unsupervised lakes in HRM. Twenty-four beaches are designated for swimming, supervised by lifeguards and tested weekly throughout the summer.

"If there's anything that puts people's health in jeopardy, then we shouldn't be waiting."

Gloria McCluskey

News in brief

HIRES NewPage Port Hawkesbury Ltd. is looking to hire 15 to 20 new staff in the next few months. The company is looking to replace people who are retiring, and hiring plans include a number of mechanical

engineers. NewPage has closed a number of former Stora Enso paper mills since buying them last year, but the Point Tupper mill has managed to stay alive thanks in part to its production of newsprint used in retail inserts.

FARMING Prices farmers received for their commodities rose 17.7 per cent in June 2008 from the same month a year earlier, as strong crop prices offset a slip in livestock prices.

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Bisphenol linked to mental diseases

A study out the University of Guelph has found low levels of exposure to bisphenol (BPA) hinders the formation of synapses in the brain. Researchers claim their work supports the possibility that BPA may be linked to Alzheimer's, depression and schizophrenia. **METRO NEWS SERVICES**

7

Canada

"Long and expensive — it's expensive for a little guy."

Brick Chairman and company founder Jim Brickman on the steep cost of the legal battle over 'stubby' beers.



Legal battle

A long-brewing bottle battle has been settled between Brick Brewing Co and Brewers Retail, allowing Brick to keep selling its Red Cap brand in "stubby" short-neck bottles. Details of the deal were not released. **REUTERS**

PM to launch food probe

The federal government will launch an independent probe into the outbreak of listeriosis food poisoning linked to tainted meat, Prime Minister Stephen Harper said yesterday.

Harper told an audience in Windsor, Ontario, that he was "troubled" by the outbreak, both as the leader of the country that had made substantial investments in food inspection and as a father whose family ate processed meat at home.

He said he recognized the company had accepted responsibility for the outbreak, but an independent investigation was still needed to determine what



"We will be taking serious follow-up action on this."

PM Stephen Harper

went wrong.

"We will be taking serious follow-up action on this," said Harper, who brought up the listeriosis issue at the end of a news conference, during which he had not been asked about it.

Critics of Canada's food inspection system, including the inspectors' union, complain it is too understaffed and overly reliant on industry data. **REUTERS**

Vancouver Dolphin fishing protest



A protester wears a dolphin mask during a rally outside the Japanese Consulate in Vancouver yesterday. Members of Campaigns Against The Cruelty to Animals were drawing attention to the 25,000 dolphins killed every year by Japanese fishermen to sell for meat.

E-mail gossip can prove to be costly

COURT CASE A recent out-of-court settlement provides a cautionary tale for anyone who has ever sent an e-mail saying malicious things about someone, especially if untrue.

In this instance, a defamatory e-mail was forwarded to two others, including to the man whom the "malicious gossip" was directed. The victim received \$5,000 plus costs. **TORSTAR NEWS SERVICE**

News in brief

ELECTION Prime Minister Stephen Harper indicated yesterday he would call an Oct. 14 general election in the next few days in the light of fruitless talks with the three opposition parties. One government official said the election call was now expected on Sunday morning. **REUTERS**

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As the world's oceans get warmer, tropical storms increase in severity, climate scientists reported yesterday. Researchers looked at satellite data from 1981 to 2006 and determined that the strongest storms got stronger as a result of increasing ocean warmth. **REUTERS**

World



MMR shot, autism unrelated

Scientists said yesterday they could not find any truth to a purported link between autism and the combined vaccine for measles, mumps and rubella. Parents' refusals to have their children vaccinated against measles have contributed to the highest numbers of cases seen in the United States and parts of Europe in many years. Measles kills about 250,000 people a year globally, mostly children in poor nations. **REUTERS**

Official says bad intelligence led to Pakistan raid

PAKISTAN Suspected U.S. commandos blamed for 20 deaths in Pakistan acted on faulty intelligence, a Pakistani official said yesterday.

"The people who have been killed are unarmed civilians, not militants," said Nadeem Kiani, spokesman for the Pakistani Embassy in Washington. Kiani said the predawn raid near the Afghani border yesterday was a violation of Pakistan's territory.

Officials suspect U.S. soldiers mounted the attack in a region known to host al Qaeda and Taliban militants. **REUTERS**

News in brief

YONGBYON North Korea has taken some mothballed nuclear equipment out of storage at its Yongbyon nuclear facility. U.S. officials view this as a negotiating tactic, not a true effort to rebuild the complex.

PAKISTAN Taliban gunmen fired shots at Pakistani Prime Minister Yousaf Raza Gilani's motorcade yesterday, but police said he was not in it at the time. The motorcade was headed to the airport to pick him up. **REUTERS**

Palin comes out swinging

McCain's running mate slams Obama in debut speech

Sarah Palin touted her small-town roots and swiped at Democrat Barack Obama during a highly anticipated speech to the Republican convention yesterday, ridiculing her critics as "the Washington elite" who did not understand everyday life in America.

In her public debut in the spotlight, John McCain's running mate, the first female Republican vice-presidential nominee, drew roaring cheers when she came out swinging against Obama and members of the media.

"I've learned quickly these past few days that if you're not a member in good standing of the Washington elite, then some in the media consider a candidate unqualified for that reason alone," the Alaska governor told the crowd, which chanted her name and held signs reading "Palin power" and "Hockey Moms 4 Palin."

Since McCain made the virtually unknown Palin, 44, his choice for running mate, she has been the centre of a media storm fueled by her teenage daughter's pregnancy, a probe into her role in an Alaskan



Track Palin, Bristol Palin, her boyfriend Levi Johnston, Willow Palin, Piper Palin, husband Todd Palin, presumptive Republican U.S. presidential nominee Sen. John McCain and his vice-presidential nominee Gov. Sarah Palin stand on stage at the Republican National Convention yesterday.

official's firing and questions about her political record.

Palin's anti-abortion and pro-gun history has excited party activists, but the speech gave Americans their first chance to judge her for themselves.

Palin said her service as mayor of Wasilla, Alaska lent her a realistic perspective, and contrasted that

Palin under investigation

Palin is under investigation by Alaska's state legislature to determine whether she fired a public safety commissioner af-

ter he declined to fire a state trooper who had divorced Palin's sister. Palin has hired a private lawyer in the probe.

with Obama's background as a first-term senator and community advisor in Chicago.

"I guess a small-town

mayor is sort of like a 'community organizer,' except that you have actual responsibilities," she said. **REUTERS**

Georgia to get \$1B in U.S. aid

CONFLICT The United States announced at least \$1 billion in aid for Georgia yesterday.

The funds will help rebuild the country's damaged economy and infrastructure, and are part of Washington's long-term commitment to Georgia, which it hopes will "survive, rebuild and thrive," Secretary of State Condoleezza Rice said.

She added said the first \$570 million would be delivered by year's end, and the rest by the new U.S. administration. **REUTERS**

6 shot dead in Washington

SEATTLE A man killed six people and wounded two more during a shooting spree in a rural area north of Seattle yesterday.

Among the victims was a sheriff's deputy responding to reports of a person being shot. Police later found several more victims in the vicinity.

A high-speed highway chase ended with the suspect pulling into the sheriff's office and turning himself in.

Local media reported that the suspect has a history of mental illness and a criminal record. **REUTERS**

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1758
2008



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Democracy
250 years of Representative
Government in Nova Scotia

Canada

Adidas, Wal-Mart settle lawsuit

Adidas AG, the world's No. 2 sports goods maker, will keep battling those who misuse its three-stripe logo, it said yesterday after settling a infringement lawsuit against Wal-Mart. "The brand with the three stripes is still as strong as it used to be," Adidas said, giving no details of the settlement. **REUTERS**

9

Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONews.ca

DOLLAR		OIL	
	C\$	\$94.25 US	
	US\$	\$1.0610	
	0.67¢		\$109.35 US 0.36¢

Bank of Canada holds rates at 3%

INTEREST The Bank of Canada held its key inter-est rate steady yesterday and signaled it was in no hurry to cut rates any time soon, even as it warned that the U.S. economic outlook could

worsen.

"The bank judges that the current level of the target for the overnight rate remains appropriate-ly accommodative," it said in a statement outlining its decision to keep the

overnight rate at three per cent.

The move was widely expected by primary securities dealers and leaves the rate one percentage point higher than the U.S. equivalent.

But the market, spooked by data showing the economy stagnating in the first half of the year, had priced in an almost 40 per cent chance of a rate cut and the Canadian dollar edged higher. **REUTERS**

Business in brief

FORD Ottawa will offer Ford Canada up to \$80 million over five years to help build facilities that could "create or sustain" some 750 jobs in Windsor, Ont., Industry Minister Jim Prentice said yesterday.

TECH Dell Inc. Chief Executive Michael Dell said his company may one day sell a device that competes with Apple Inc.'s iPhone, though he does not plan to get into that market any time soon. **REUTERS**

THE DAILY BUSINESS BUZZ

Engine invention stays local:

The Queens County inventor of an emissions-free engine — depending on the fuel source — has been negotiating with an out-of-province investment group to keep his technology in Nova Scotia. "We finally passed one of the many hurdles of the negotiations. Nova Scotia comes first. This is where I want to start and after five weeks, they reluctantly agreed," said Sheldon Robar, a man who

has spent over 27 years developing an engine that relies on a heated refrigerant propellant that's ozone friendly. The closed loop system releases no emissions and requires extremely low heat to generate the force needed to move a vehicle.

Worker's comp rates reduced:

Just over half of Nova Scotia employers will see reductions in their rate for workplace injury insurance in 2009, thanks to improvements in their safety and return-to-work programs, says the province's Workers' Compensation Board (WCB). Fifty-one per cent of employers overall will see a rate reduction. Industry rates are head-

ed down in electronics manufacturing, mining, and several sectors of construction, among others. For 48 per cent of employers overall, rates are increasing due to the costs of workplace injury. Industry rates in several industries, including second-hand retail, feed manufacturing, and security and investigations, are increasing.

Group fights oil exploration:

A movement to ban oil and gas exploration on Georges Bank in the 1980s and late 1990s has been mobilized again, this time calling itself Norrigs 3. A coalition of fishermen, aboriginal groups, processors and environmentalists that spearheaded

efforts to retain the moratorium prohibiting oil and gas exploration and development on Georges Bank in the late 1990s intends to promote extending the existing moratorium beyond the 2012 expiry date. Deny Morrow, executive director of the Nova Scotia Fish Packers Association, will chair the coalition. Morrow says he also expects participation from New England fishermen and environmental groups.

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Sign up now, or nominate a man who you think has what it takes to Walk A Mile in Her Shoes. www.walkamile.ca

Sept 23, 2008—11:30am - 1pm.
Grande Parade (in front of City Hall)

walkamile.ca

The Boston Bruins added veteran depth by inking forward Stephane Yelle, left, to a contract. Per club policy, terms were not disclosed. Yelle recorded three goals and 12 points in 74 games last season for the Calgary Flames. METRO NEWS SERVICES

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



Serena Williams beat her sister Venus 7-6, 7-6 last night to advance to the semifinals at the U.S. Open

Serena wins battle of Williams sisters

TENNIS Serena Williams twice came from behind to complete a heart-stopping 7-6, 7-6 win over her older sister Venus and claim a place in the U.S. Open semifinals last night.

In a match of high quality where no quarter was given, Serena trailed 5-2 in the second set tiebreak before clawing her way back to seal victory in two hours 25 minutes.

Twice champion Serena, the fourth seed, saved eight set points in the second set before seventh-seeded Venus hit a forehand long to surrender the match.

"It definitely felt like a final of the U.S. Open, it was so hard," a breathless Serena said in a courtside interview. "I can't believe I won it. Wow!"

"It is difficult, mostly because she is such a great player. She was serving balls at 125, 127 mph and I just tried to stay

with her."

Serena, who edged ahead 9-8 in overall meetings between the siblings, will next meet sixth-seeded Russian Dinara Safina for a place in the final.

Safina registered a personal first at Flushing Meadows when she overpowered Italian Flavia Pennetta 6-2, 6-3 to reach the semifinals of the U.S. Open for the first time.

Briton Andy Murray roared in relief as he celebrated reaching his first grand slam semifinal after ending the U.S. Open campaign of Argentine teenager Juan Martin Del Potro 7-6, 7-6, 4-6, 7-5 yesterday.

The 21-year-old Murray, dominant in the tiebreakers, winning the first 7-2 and the second by 7-1, overcame shaky moments in an error-filled third set before ending the slugfest as Del Potro served to stay alive.

REUTERS

Jays edge past Twins

McDonald plays hero, driving in winning run in 11th

Blue Jays 5 Twins (11)

John McDonald's hit in the bottom of the 11th inning lifted Toronto over Minnesota 5-4 last night in the middle contest of a three-game set at Rogers Centre.

Eddie Guardado (3-4) allowed a leadoff double to Scott Rolen and a single from Travis Snider. Boof Bonser got the nod, but surrendered the game-deciding single to McDonald, a line drive to the warning track in centre.

Jesse Carlson (6-1) got the win by holding the Twins at bay in the top of the 11th.

Joe Inglett hit a two-run homer for the Blue Jays, who have won four games in a row. A.J. Burnett was charged with six hits and three runs, fanning eight with four walks in his start of 6 2/3 innings.

Joe Mauer had a pair of hits and drove in three while Brendan Harris knocked in the other run for the Twins, who have dropped two straight and three of four. Starter Nick Blackburn went 6 2/3 innings and gave up six hits and three runs — two earned — with six strikeouts.

Minnesota fell one game behind Chicago in the race for the AL Central crown, after the White Sox topped Cleveland, 4-2, earlier yesterday.

Snider singled with one down in the third, then

Inglett launched a two-run shot to right which put the Jays on the board.

Minnesota didn't threaten until the seventh, when Mauer's double to the wall in left-center off Scott Downs gave the visitors a one-run edge.

Toronto answered in the home half as Rod Barajas singled and was lifted for pinch-runner Kevin Mench. After a Lyle Overbay groundout moved Mench to second, Rolen's hot smash to short eluded Punto and allowed the tying run to score.

Minnesota went ahead in the ninth. Justin Morneau doubled and Jason Kubel walked. A wild pitch advanced both runners and Harris beat out an infield hit to score Morneau for a 4-3 lead.

Toronto knotted the game in the home half as Gregg Zaun walked, then Twins right-fielder Jason Pridie booted Snider's two-out base hit so that pinch-runner Curtis Thigpen came around from first to score.

The Jays failed to score in the 10th despite loading the bases with one out.

• Toronto has won the last eight meetings, including all five this season ... Jays outfielder Alex Rios doubled and tripled ... Morneau and Tolbert also collected a pair of hits for the Twins ... There were a total of 24 runners left on base, 13 by Minnesota.

METRO NEWS SERVICES



Toronto Blue Jays batter John McDonald is hugged by teammate Kevin Mench after McDonald drove in the winning run against the Minnesota Twins during the 11th inning of their game last night. Toronto beat the Twins 5-4.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

W L PCT GB

Tampa Bay 84 53 .613 —

Boston 82 57 .590 3

N.Y. Yankees 75 64 .540 10

Toronto 72 66 .522 12½

Baltimore 63 76 .453 22

CENTRAL DIVISION

W L PCT GB

Chicago Sox 78 61 .561 —

Minnesota 77 62 .554 1

Cleveland 67 71 .486 10½

Detroit 66 72 .478 11½

Kansas City 58 79 .423 19

WEST DIVISION

W L PCT GB

L.A. Angels 84 53 .613 —

Texas 69 72 .489 17

Oakland 63 75 .452 21½

Seattle 54 85 .388 31

N.Y. Mets

79 61 .564 —

Philadelphia 76 64 .543 3

Florida 71 69 .507 8

Atlanta 60 80 .429 19

Washington 54 86 .386 25

CENTRAL DIVISION

W L PCT GB

Chicago Cubs 85 55 .607 —

Milwaukee 80 59 .576 4½

St. Louis 75 65 .536 10

Houston 74 66 .529 11

Cincinnati 61 78 .439 23½

Pittsburgh 59 79 .428 25

WEST DIVISION

W L PCT GB

Arizona 71 68 .511 —

L.A. Dodgers 69 70 .496 2

Colorado 66 75 .468 6

San Francisco 60 79 .432 11

San Diego 53 85 .384 17½

NATIONAL LEAGUE

W L PCT GB

St. Louis 84 53 .613 —

San Francisco 79 64 .543 3

San Diego 71 69 .507 8

Arizona 54 86 .386 25

WEST DIVISION

W L PCT GB

Arizona 71 68 .511 —

L.A. Dodgers 69 70 .496 2

Colorado 66 75 .468 6

San Francisco 60 79 .432 11

San Diego 53 85 .384 17½

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Toronto 5 Minnesota 4 (11 ings)

Boston 5 Baltimore 4

Chicago White Sox 4 Cleveland 2

N.Y. Yankees 8 Tampa Bay 4

NATIONAL LEAGUE

W L PCT GB

Texas 1 Seattle 0

Oakland at Kansas City (ppd., rain)

L.A. Angels at Detroit

NATIONAL LEAGUE

Arizona 5 St. Louis 3

Florida 5 Atlanta 3

Houston 4 Chicago Cubs 0

N.Y. Mets 9 Milwaukee 2

Pittsburgh 6 Cincinnati 5

San Francisco 9 Colorado 2

Washington 9 Philadelphia 7

San Diego at L.A. Dodgers

TODAY'S GAMES

AMERICAN LEAGUE

L.A. Angels at Detroit, 2:05

Oakland at Kansas City, 6:10 (1st gm)

Minnesota at Toronto, 8:07

N.Y. Yankees at Tampa Bay, 8:10

Oakland at Kansas City, 9:40 (2nd gm)

NATIONAL LEAGUE

Pittsburgh at Cincinnati, 1:35

Washington at Atlanta, 8:10

San Diego at Milwaukee, 9:05

CFL

EAST DIVISION

W L T PTS

Montreal 6 3 0 12

Toronto 4 5 0 8

Hamilton 2 7 0 4

Winnipeg 2 7 0 4

WEST DIVISION

W L T PTS

Saskatchewan 7 2 0 14

Edmonton 6 3 0 12

Calgary 5 4 0 10

B.C. 4 5 0 8

TOMORROW'S GAME

Calgary at Edmonton, 10

SATURDAY'S GAME

B.C. at Hamilton, 5

SUNDAY'S GAMES

Toronto at Montreal, 2

Saskatchewan at Winnipeg, 5

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TOMORROW'S GAME

Acadia at Saint Mary's, 8

SATURDAY'S GAME

Mount Allison at St. Francis Xavier, 2

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Cave puts undefeated record on the line

Tyson Cave, right, (5-0) will return to the ring on Saturday at Palooka's Boxing Club in Halifax. Cave, a Halifax native, highlights an eight-bout pro-am card as he goes up against Bermuda's Ricardo Blackman (5-5). Doors open at 7 p.m. **METRO HALIFAX**

sports **11**

Huskies look to fill Glavic's shoes

Local products Abraham, Beeler will be behind centre in season opener

MATTHEW WUEST
matthew.wuest@metronews.ca

Erik Glavic is a good quarterback. How good, exactly?

It's going to take three men to replace him tomorrow night.

The Saint Mary's Huskies are going with quarterback-by-committee — what head coach Steve Sumarah calls a “three-headed monster” — in their season opener against the Acadia Axemen at 7 p.m. at Huskies Stadium.

Ted Abraham, Patrick Hooley and Nathan Beeler are all expected to see field time in place of Glavic, who won last year's Hec Crighton as the country's top player before tearing his anterior cruciate ligament in the playoffs.

“Everybody in camp has shown that their strengths are here, there and everywhere, and we want to utilize those strengths,” Sumarah said. “We want to put guys on the field in the right situations to allow them to do what they do best.”



Saint Mary's quarterbacks Nathan Beeler, left, and Ted Abraham take part in drills during practice at Huskies Stadium yesterday.

Abraham, a six-foot-four, second-year pivot from Bedford, will get the start, picking up where he left off in last year's Vanier Cup final, a 28-14 loss to the Manitoba Bisons.

Hooley, a six-foot-five sophomore who has no game action with the Huskies, and Beeler, a Halifax native and former St. Patrick's Irish standout with great athleticism,

will provide relief.

Until Glavic returns — and a date has not yet been set — all three will have a chance to strut their stuff.

“I talked to Coach

Sumarah throughout the week and he just said, ‘Go out and execute,’” the 21-year-old Abraham said. “Nathan is a great athlete who will mix up the pace and Pat will have a chance

to show what he's got. But as far as (coach) said to me, I'm the guy to head out there and get it going.”

Abraham, who threw for 192 yards, two touchdowns and three interceptions in his first career start in last year's Vanier Cup, will make his home debut tomorrow night.

He called himself a game manager and hopes his poise and big-game experience will serve him well.

“I'm very conservative, very calm,” he said. “I try to manage the troops and take my shots when they're available.”

The Huskies' other quarterback, rookie Jack Creighton, is not in the mix. Sumarah said he doesn't want to rush Creighton, but called him the team's “quarterback of the future.”

Glavic continues to take snaps in practice, but Sumarah said he needs more time before he's ready to return.

“He definitely wants to be in there battling,” Sumarah said. “We're just being cautious, making sure he's ready.”

White ‘devastated’ by Mooseheads’ decision

MATTHEW WUEST
matthew.wuest@metronews.ca

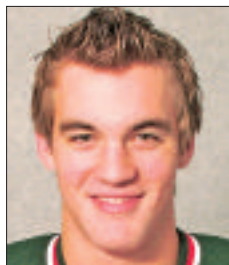
HOCKEY Andrew White is finished with junior hockey after the Halifax Mooseheads parted ways with him last night.

The Mooseheads told the 20-year-old forward on Tuesday he will not be one of their three over-age players, instead going with defencemen Graham Bona and Justin Pender. Goalie Mark Yetman had already locked up the other spot.

White said he was offered a spot with the Drummondville Voltigeurs, who had arranged a trade for him, but he decided not to report and will play university hockey this season.

“I just want to move on with my life,” he said. “I just want to get things started, start a new chapter in my life.”

The St. John's, N.L., native is already enrolled at Saint Mary's, and White said Huskies head coach Trevor Stienburg is enthusiastic about bringing him on



Andrew White

board. White said he will also consider the St. Francis Xavier X-Men.

The hard-working speedster potted 22 goals in a third-line role last season, but was informed at practice on Tuesday that his days with the Mooseheads were numbered.

“Man, I was devastated ... devastated,” White said quietly. “I was very surprised. They did what they had to do and I totally respect that, but it was a shock, I'm not going to lie. It was a tough pill to swallow. But what can you do? I signed up for this. It's a business and you've got to respect the de-

cision.”

Mooseheads general manager Marcel Patenaude said he decided to keep Pender and Bona over White because the team needed defensive stability more than forward depth.

Patenaude said tradability did not factor into the decision, although when the over-age choice was made, Patenaude did not know White would go the university route.

White was the top goal-scorer returning from last year along with Tomas Knotek.

“I thought I had a good chance to make the team,” White said. “I thought I put my best effort forward. I was hoping I would be there, but that's the way the cookie crumbles.”

The Mooseheads also cut goaltenders Stefan Dumaresque and Jeremie Forbes-Brisebois yesterday. Their roster is down to 25 players, and no more cuts are expected.

“We're pretty much set, I would think,” Patenaude said.



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Back^To School

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



Get a grip

These Winter Grip shoes by Geox have patented breathable soles and are available across Canada. Shoes in sizes 26-34 retail for \$80; shoes in sizes 35-41 retail for \$90. For availability go to geox.com.

Gear goes green

School supplies reflect public's environmental awareness

RAFAEL BRUSILOV
for Metro Canada

If you're going back to school, don't forget to go green.

With plenty of recycled and all-natural products on store shelves, it's easy to make your trip to the classroom an environmentally sound one.

Wal-Mart Canada spokesperson Felicia Fefer says offering a wide range of green products was a no-brainer for the retailing giant, given Canadians' strong sense of environmental awareness.

"It's one of the most important issues among Canadians today. Parents and children are looking for greener choices," Fefer said.

Backpacks made from recycled plastic pop bottles and bamboo socks highlight just some of the many green options — supplies made partially or wholly with recycled materials — the retailer has committed to offering consumers.

Samantha

A dry-erase board is a good way to avoid using a lot of paper.

"There is definitely a movement going on. People are choosing to buy the recycled option over the non-recycled option."

Samantha Hindmarch

Hindmarch and Cristina Franco, director of marketing and marketing manager respectively at major school-supplies firm Hilroy, agree that green supplies are more popular than ever this back-to-school season.

"There definitely is a movement going on. People are choosing to buy the recycled option over the non-recycled option," Hindmarch said.

Some of Hilroy's biggest hits this season are three-



pronged report covers made from 100 per cent recycled materials, high school notebooks made with 30 per cent post-consumer waste (things like excess packaging, used magazines or junk mail), and paper sheets and primary school sketchbooks made with 50 per cent recycled paper and 30 per cent post-consumer waste.

Hilroy already had a full line of environmentally conscious school products in the 1990s but had to withdraw them due to a lack of demand.

Hilroy Grad Recycled Notebooks, below, are available at major retailers for \$4.99-\$6.99. The Hilroy Enviro-Plus Recycled Report Covers, far left, are available at major retailers for \$4.49.

Things are different today. "Consumers are more aware today — they understand the issues more. You see kids learning about it at school at a very early age," Franco said.

"It might have been just a fad back then but now it's a movement," Hindmarch added.

VAKIS BOUTSALIS
for Metro Canada

Heading back to school can inspire the usual chorus of complaints from some kids, but if your child is showing unusual pangs of anxiety there is a chance they are worried about a bully.

"What parents can be doing is looking at their kids for signs. If the child has a lot of anxiety over heading

back to school, it could be because there was an incident at the end of last year," says Stu Auty, president of the Canadian Safe Schools Network.

Auty stresses the importance of communicating with your child in order to root out the source of their anxiety. If there was a bullying incident during the previous year, he suggests parents get together with the teacher as early as possible.

"It's very important for a

student to have a smooth transition into the beginning of the school year."

By keeping open lines of communication, parents can monitor any potential incidents without being too intrusive.

"It's a fine balance," says Auty, adding parents can't control if incidents occur, but can help smooth the way. Other signs Auty says to watch out for include an unexpected change of friends or behaviour, and if

the child is faking illness to get out of school.

It is also important to remember that modern incidents of bullying are not restricted to the playground. Cyber bullying has become a common occurrence, and Auty says it's up to parents to have an understanding of what's happening.

It's a sentiment Faye Mishna, associate dean of research at the University of Toronto's faculty of social work, shares.

Mishna says kids often hide incidents of cyber bullying from their parents because they are scared of what might happen.

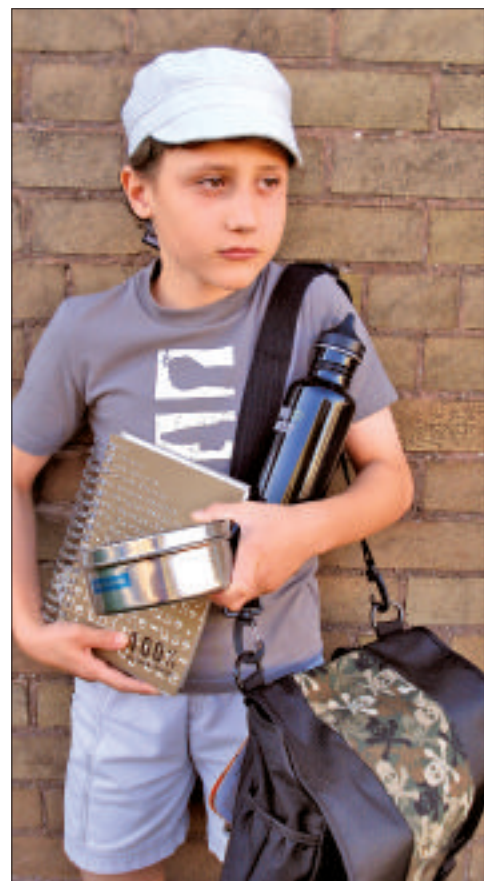
"One, they are scared that they are going to lose their Internet privileges, and two, they are using their cellphone at school — well, they are not supposed to be using their cellphone at school. So they think they are going to get in trouble," explains Mishna.

She says it's important

for parents to minimize damages by not focusing on the fact that their child may have broken the rules.

"Don't take the Internet away because that is your kid's entire social life."

When it comes to online access, Mishna says monitoring which sites your child visits is not enough. Like Auty, she stresses the importance of communicating in order to stay on top of any potential incidents.



This year, environmentally-friendly school supplies include everything from stainless-steel Klean Kanteens, left, to backpacks, notebooks and lunch containers.

Franco is adamant, however, that how consumers treat their products is just as much a part of what makes them "green" as buying them in the first place.

"It's not just about buying recycled goods — it's about recycling them later too," she said.

For those wary of manufactured materials, specialty stores like Dandelion Mud Pie in Toronto offer a broad

range of all-natural supplies.

Dandelion's owner, Helen Nestor, suggests sticking to lead-free plastics, aluminum-free drink bottles, and all-natural clothing fibres like bamboo, hemp and organic cotton.

"You want to stay away from all those things that are going into your skin, your dorm room, your locker," Nestor said.

Strong fall jitters may be warning sign of bullying

Keeping kids cool

Freeze tetra packs of juice or milk. They will be thawed by snack or lunchtime while keeping the rest of the lunch cold. And they can be recycled. **METRO NEWS SERVICES**

Food

“Variety is key to successful lunches, variety in flavour but also in colour and texture (soft, crunchy, smooth, firm).”

Barb Holland/for Metro Canada

**Remember**

At the end of the day, check your child's lunch bags/back packs. Sometimes food is not eaten or discarded as quickly as it should be.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Honey, it's time for school

À la carte

Barb Holland

Metro Food Writer

Oh boy, back to school, back to routines and yes, packing lunches again. Here is a recipe for easy and tasty no-bake bars that can be wrapped for lunch boxes or as an after school snack, and a few tips.

Chewy Dried Fruit Oatmeal Bars

Change it up with your preferred dried fruit in place of the apricots and raisins — figs, dates and dried cranberries, cherries or blueberries. Makes 18 bars.

INGREDIENTS:

- 1-1/2 cups (375 mL) Cor Flakes or Rice Krispies type cereal
- 1 cup (250 mL) quick cooking oats (not instant)
- 1/2 cup (125 mL) diced dried apricots
- 1/2 cup (125 mL) raisins
- 2 tbsp (30 mL) butter

- 1/4 cup (60 mL) brown sugar
- 1/4 cup (60 mL) liquid honey
- 1 tsp (5 mL) grated orange peel
- 1/2 tsp (2 mL) vanilla

METHOD:

Line a 9-inch (23 cm) square baking pan with a parchment paper sling (ends hanging over to make it easy to remove). Lightly oil or spray ends that do not have paper.

In a large bowl, combine cereal, oats, apricots and raisins.

In a small saucepan, combine butter, brown sugar and honey. Over medium heat, bring to a boil, stirring frequently. Boil 1 minute, stirring often. Remove from heat, stir in orange peel and vanilla.

Pour over cereal mixture and stir well to thoroughly combine. Press evenly and firmly into prepared pan. Refrigerate to firm up.

Better Brown Bagging:

- The midday meal should meet 1/3 of your children's daily nutritional needs. Include at least one food from

each of the four food groups in their lunch box: Fruit and vegetables, grains, dairy products, meat and meat substitutes. Including the four food groups not only provides healthy meals, but adds colour — just think of the rainbow of Canada's Food Guide to Healthy Eating.

- Keep lunch staples on hand in your refrigerator and pantry: Fruit juices, tomato cocktails, canned fruit, fruit compotes, cereal bars, cheese sticks, dried fruit, yogurts, individually packed carrots and fruit, etc. Have your children prepare the lunches with you. They will pack preferred foods and are less likely to trade or toss if they have invested the time.

- Buy re-usable containers — sturdy lunch bags and boxes are available now in a fun range of colours. Include fingertip 'wipes' or a damp cloth in a sealable bag. Wrap your sandwiches in parchment paper — it's a sturdy wrap and can be recycled into the green bin.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



Honey gives this recipe just enough of the natural sweetness that children love.

Stuff those chops with this genuinely 'aged' cheese

Rosenborg — a name inspired by the Royal Rosenborg Castle in Denmark — has been producing award-winning cheeses since 1926. This recipe was created specifically to highlight the unique quality and texture of Rosenborg Traditional Blue Cheese. Serves 4.

Pork Chops stuffed with Pecans and Blue Cheese**INGREDIENTS:**

- 4 pork loin chops
- 1 pack (125g) ROSENBORG® Traditional Blue Cheese

- 25 g pecans, chopped
- 2 tbsp (30 mL) fresh breadcrumbs
- 1 tbsp (15 mL) fresh thyme leaves
- Salt and pepper
- Oil for brushing and further thyme leaves for garnish

METHOD:

Crumble the cheese and combine well with the chopped nuts, breadcrumbs and herbs, seasoned well with salt and pepper.

Make a horizontal slit in each of the loin chops and place a quarter of the

cheese mixture into each. Seal with a wooden toothpick or metal skewer.*

Pre-heat the grill to high, brush the chops very lightly with oil and sprinkle with thyme, then grill for 8 to 10 minutes on each side.

Serve with toothpick/skewer carefully removed, sprinkled with fresh thyme and accompanied by seasonal vegetables of your choice.



This recipe was created to highlight the unique texture of Rosenborg Traditional Blue Cheese.

Giorgio Armani will design his first villas for a \$1.85-billion gated community development in Egypt that is just two hours' drive from Cairo, the Italian fashion designer said recently. The villas will be up to 500 square metres in size and with up to four bedrooms, each with its own pool. **REUTERS**

Armani designs Egyptian villas

Style



Janet Jackson reveals new lingerie

In addition to her upcoming album, Janet Jackson will be launching an apparel line featuring only lingerie. It will be called *Pleasure Principle* after her 1986 hit song. Thank heavens it's not *Nasty* and, after nipplegate, let's hope these foundation garments have better support.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Bag of goodies

Transporting your personals in style

LAURA LEE FULHAM/FOR METRO CANADA



ABOVE: Zipper shopper red bag, Roots, \$458 (Available at Roots stores across Canada and www.roots.com)

RIGHT: Blue reversible bag, Le Chateau, \$69.95 (For store locations, visit www.lechateau.com)



ABOVE: Browns ID purse, Browns, \$120 (Available at Browns stores or www.browns-shoes.com)



RIGHT: Big green purse, Esprit, \$94.50 (Available at 1-866-4ESPRIT)

ABOVE: Black patent leather bag, Town Shoes, \$110 (Available at www.townshoes.com)



RIGHT: Faux Croc brown bag, Jeanne Lottie, \$100 (Available at www.jeannelottie.com)



ABOVE: Snakeskin grey bag, Only Accessories, \$100 (Call 416-504-7070 for availability)



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Meyer puts down her pen

Stephenie Meyer, bestselling author of the Twilight franchise, has announced on her website that she will no longer continue writing Midnight Sun after an early incomplete draft was posted illegally online. **EW.COM**

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Entertainment

**Guy's denial**

Director Guy Ritchie has denied that actor Russell Crowe is to play Sherlock Holmes' sidekick Dr. Watson in a new movie about the fictional detective. **IMDB.COM**

Mitch's Idol countdown

PHILIP CROUCHER
for Metro Halifax



It's come down to Port Hood's Mitch MacDonald and Alberta's Theo Tams in the battle to become the next Canadian Idol.

MacDonald is now gearing up for the final round after surviving Tuesday night's elimination show after 28-year-old Ontario musician and house painter Drew Wright was sent packing after receiving the fewest of the almost four million votes cast.

MacDonald, a 22-year-old carpenter from Cape Breton, will travel to New York City with Tams to work with five-time Grammy winner John Legend in preparation of Monday's one-hour episode.

The two singers will each perform three songs: A judge's choice, their own choice and the new Canadian Idol winner's single, which, for the first time, will be different for each performer as to reflect their individual styles.

"He's pretty ecstatic," said Mitch's father, Cecil, who spoke with his son

shortly after Tuesday's show concluded. "Each night he knows it could be him (that goes home). But his roommate Drew is a heck of a nice young man."

MacDonald support is without question strong in Nova Scotia, but it exists well outside the province, too.

The MacDonald household has been receiving supportive phone calls from fans from Newfoundland right through to British Columbia. "They just like his demeanour," Cecil said of Mitch's supporters coast-to-coast.

"He's a very humble young man, a great family kid. They just think he's a terrific ambassador to the area. That's the big thing. And, of course, he's been a pretty good singer, too"

Cecil and his wife, Mary-Janet, will be in Toronto for next week's final two shows, which will include the two-hour finale next Wednesday. Also coming to Toronto will be Mitch's four sisters and two brothers.

"It's a once in a lifetime thing," Cecil said. "We'll go with it all the way."



Nova Scotia's Mitch MacDonald, left, and Alberta's Theo Tams are the final two contestants on this season of Canadian Idol.

'Vote, and vote often,' premier says

Mitch MacDonald's run to the final two of Canadian Idol has been helped along by Premier Rodney MacDonald.

The Nova Scotia premier said yesterday he was on the phone following Monday's show regularly voting for the 22-year-old Port

Hood musician.

"I've voted every week. We've watched every week," MacDonald said. "Listen, I'm a politician. Vote, and vote often."

MacDonald, himself a fiddler from Cape Breton, thinks Mitch has an "excellent" chance in next

week's final against Alberta's Theo Tams. The premier said yesterday he is proud of the growth Mitch has made on the show and how he remains grounded despite the glare of the national spotlight.

"I hope Nova Scotians and other Canadians will

continue to support Mitch," he said. "But whatever happens at the end of the day, he's a great young man."

"We're very, very proud with the fact he's remained committed to whom he is, which is a Nova Scotian." **METRO HALIFAX**

Just for Laughs on tour in region

COMEDY The Capital One Just For Laughs comedy tour is returning to Halifax on Saturday, Oct. 25, at the Rebecca Cohn Auditorium. Talent includes Scotland's Danny Bhoj, Ireland's Pete Zedlacher, England's Hal Cruttenden and Canada's Pete Zedlacher.



Danny Bhoj

Cotters at the Rebecca Cohn

CONCERT Cape Breton family musical group The Cottars will be performing at the Rebecca Cohn Auditorium on Sunday, Oct. 26, at 7:30 p.m.

Tickets go on sale tomorrow at the Rebecca Cohn box office.

Busse part of the Go North festival

VISUAL ARTS Halifax's Tanya Busse will present her exhibition Three Works this Saturday as part of the Go North Community Art Festival at the Eye Level Gallery on Gottingen Street.

Busse will showcase her work alongside Montreal's Kim Waldron, as both artists employ the use of appropriated photographic imagery as a means to create and to also reconstruct visual narrative.

The event begins at 6 p.m.

METRO HALIFAX

If you watch

- Canadian Idol airs Monday and Tuesday on CTV.
- Past contestants from Nova Scotia include Richie Wilcox, Gary Beals, Kaleb Simmonds, Chad Doucette and Dwight d'Eon.
- Beals is the only other Nova Scotian to make it to the final two of the series.

SEPT. 6 | PALOOKA'S GYM | 2110 GOTTINGEN ST.



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VS

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A collection of James Bond memorabilia owned by the man thought to be the inspiration for the fictional spy, former diplomat, soldier and MP Sir Fitzroy Maclean, has fetched more than \$55,000 U.S. in Edinburgh, Scotland. **BBC NEWS ONLINE**

Bidding adieu to two of our own. Metro Halifax's Dean Lisk and Robyn Young are both saying farewell to Nova Scotia and heading west. Fellow Metro employees Lindsay Jones, far left, and Jennifer Taplin, far right.



Halifax Yuk Yuk's Marc Sauve, centre, with the duo he brought to town ... Shelby and Tommy Chong.



Right: NHL legend Bob Gainey with KOOL FM Program Director (and long time Habs fan) Rob Johnson. Left: Sexy Girl founder Rachel Dodds with Eastlink Television's Amanda Kincaid at the Economy Shoe Shop.



Right: Birthday girls Stephanie Munro, from left, and Katie Smith with friends Justine Antcil, and Dixie Hedderson.



Casino Showgirls Chantel Van DeVrie, from left, Gabriela Stevens, and Tina Alcorn-Wilt turn heads as they make their way to the Coconut Grove

Summer's over, parties aren't

HalifaxScene

Jamie Paterson



In the blink of an eye, the summer was all but over. But there's still much to do in the streets of Halifax! The week started out with hockey royalty. Montreal Canadiens legend Bob Gainey was in town. His Habs will be tangling with the Boston Bruins Sept. 22. Not that I wish Mr. Gainey any ill will, but it's hard for me to forget the rivalry between my Edmonton Oilers and his Dallas Stars a few years ago! Looking forward to some great NHL Pre-Season action in a few weeks time.

Friday night saw me patrolling the streets in search of the Pink Crawl. As part of the CIBC Run for the Cure, a large group of pink clad ladies were travelling from club to club handing out pink ribbons, tattoos and spreading pink cheer. But I'll be damned if I could find them! I did find some pink ladies at Bubbles, but they were celebrating

a trio of birthdays. I also found some green gals. These lasses were from the Dalhousie and Saint Mary's University hockey teams. Their celebration was a bittersweet one. They were saying goodbye to a friend who was departing for Ottawa.

A quick stop at the Shoe Shop found another goodbye, this one a little closer to home. Dean Lisk, former Daily News and Metro scribe is moving on to greener pastures. He's accepted a position as movie editor at Metro's national desk in Toronto. Best of luck in the Big Smoke. Also leaving Metro Halifax for the centre of the universe is Robyn Young who was toasting her return to family.

On the streets, one could almost smell the end of summer. The tourists were few and far between and the city seemed determined to get back to it's regularly scheduled partying! I caught up to a tagette I couldn't help but notice on my way home. Complete with veil, the bride-to-be was enthusiastic about her nuptials, shouting from the sunroof of a white stretch limo that she was getting married! Good luck!

Saturday was the country music party of the summer! Keith Urban rolled into Halifax and fans were just as eager to know if his wife, Nicole Kidman was along for the trip. Sadly, my spies tell me she opted to stay home in Australia with their new daughter. Urban tore up the Common for 30-thousand fans and glad to see the weather held out. It was a tough choice for my entertainment dollar Saturday night, but Tommy Chong won out with his final night at Yuk Yuk's at the Westin. The poster child for stoners everywhere packed the club for six sold out shows. Along with his wife Shelby, Chong told hilarious tales of his recent arrest and stint in jail. That's not to say that I missed all the "Urban excitement." The after party at the Rodeo Lounge was the place to be with some of the musicians on hand to relax after a show well done.

Speaking of parties ... the students are back! Next week should be off the hook!

See you then!

When he's not making the Scene, Jamie Paterson hosts The Drive and The Beatlebrunch on KOOL FM in Halifax



Left: University hockey players on the town. Meagan Bradbury, from left, Mallory Harris, Joyce Spruyt, and Natalie Scully say goodbye to one of their own by organizing their own pub-crawl.

Right: Josh Beaudreau and Pam Nicoll at the Rodeo Lounge following the Keith Urban concert



Mark Cameron and his wife Kelly celebrate his sharing a stage with Keith Urban.



Left: "I'm getting married!" Bride-to-be Misty Smith with friends Laura Chittick and Andrea Connell partying in style in "Limo Jim's" stretch limousine from TLC Limousine.

Aniston takes on stalker role

Jennifer Aniston, right, will play a "free-spirited, Fatal Attraction-like stalker" when she guest stars on 30 Rock, NBC has announced. The show returns Oct. 30. **PEOPLE.COM**



●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Wilson's new vibrations

Brian Wilson

Album: That Old Lucky Sun

Label: Capitol/EMI

Rating: ●●●

IT'S TIME PEOPLE

stopped waiting for the second coming of Brian Wilson.

While it's true the head Beach Boy created some of the most sublime sounds ever produced on the planet ... that was more than 40 years ago. We've been hoping ever since that Brian would simply step out of his shrink's office and pick up where he left off with Heroes and Villains. It ain't gonna happen. That Old Lucky Sun is an ambitious, but quirky attempt at a southern California suite. At the age of 66, however, Wilson should not be singing odes to surfer girls. It just seems icky. It might have been nicely nostalgic if his shaky voice wasn't so annoying. And when he breaks into spoken word to recite Van Dyke Park poetry, it's embarrassing. "Venice Beach is poppin'



Brian Wilson's new disc is ambitious and quirky, but at 66 he shouldn't be singing odes to surfer girls.

like live shrimp dropped on a hot wok," Wilson moans in his best Leonard Cohen voice. Brush off your copy of Pet Sounds and give this one a pass. **Graham Rockingham**

Terrence Howard

Album: Shine Through It

Label: Columbia/Sony BMG

Rating: ●●●●

DESPITE SOME

interesting albums by Zoëy Dechanel and



AlbumReviews
music@metronews.ca

Scarlett Johansson, the actor-turned-singer failure rate is still high. But another movie star has defied the odds and released, for the most part, a commendable debut album. Howard wrote every song, to varied success. The title track, with its old-time Wonder-esque R&B sheen, is pleasing to listen to, but Mr. Johnson's Lawn's annoying talk-like singing is

about as grating as it gets.

Bryan Borzykowski

Blues Traveler

Album: North Hollywood

Label: Verve/Universal

Rating: ●●●

IT'S AMAZING

HOW a band with such a stellar reputation for live performances can release such a boring studio album. For much of



North Hollywood Shootout, Blues Traveler sounds more like the Barenaked Ladies than Blues Traveler. For the most part, there's little evidence of the great jamband of the '90s. **Graham Rockingham**

New Kids On The Block

Album: The Block

Label: Interscope/Universal

Rating: ●

LIKE THE SILLY

album name, this band's first record in 14 years is a collection of juvenile boy band songs, similar to what they released years ago. It's hard to understand why NKOTB even released a new disc — concert fans only want to hear the hits. If they think they can reclaim their best selling status, they better think again — this five-piece doesn't have the right stuff. **Bryan Borzykowski**



more online

For more album reviews visit metronews.ca

Ledger voted top summer villain

MOVIES Heath Ledger's chilling portrayal of the Joker in Batman blockbuster *The Dark Knight* easily surpassed rivals to be named the summer's best movie villain in a new poll. Australian Ledger, 28, who died of an accidental drug overdose before the film's release, won 95 per cent of votes in a poll by AOL's Moviefone.com.

Two men charged in paparazzi row

CRIME Officials Tuesday said they charged two Malibu men for attacking a paparazzo who was snapping pictures of actor Matthew McConaughey as he was surfing in the Pacific Ocean in June. The attack made headlines and sparked calls by Los Angeles-area politicians for more controls over aggressive paparazzi. **REUTERS**

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/4/08	31	31	31	ABC News (N)	ABC World News	Inside Edition	Chronicle	Ugly Betty (HDTV)		Grey's Anatomy		Convention
	7	7	7	ASN Sue Thomas: F.B. Eye		Robson Arms	TMZ (N)	Grey's Anatomy		America's Got Talent		
	11	11	11	CBC Coronation St.	Rick Mercer	iPod (HDTV) (DVS)		Doc Zone: The Climb		CBC News: The National		The Hour
	2	2	2	CBC-F H20 (Partie 3 de 4) (SC)		Des squelettes	Bravissimo	Bravissimo: l'OSM		Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Big Brother 10 (Live)		CSI: Crime Scene Invstgtn.		Convention
	69	69	69	CFMT TVA 18 heures	Sûreté-salé	La Fiebre de la danse (SC)		Dominique Michel		La Fécondation in vitro		TVA 22 heures
	6	6	6	CHIF Entertainment	ET Canada	90210 "We're Not in Kansas Anymore: The Jet Set"				Big Brother 10		News (N)
	9	9	9	CJCH eTalk	Hollywood	CSI: Miami		Flashpoint (DVS)		CSI: Crime Scene Invstgtn.		News (N)
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	36	36	36	FOX The Simpsons	King of the Hill	Two/Half Men	Two/Half Men	Kitchen Nightmares "Revisited: Gordon Returns" (N)				Fox First
	12	12	12	NBC News (N)	NBC News	NFL Football Washington Redskins at New York Giants. (HDTV) (Live)						Convention
	29	29	29	NW BBC World	Business	CBC News	Politics	The Hour		CBC News: The National		Nature-Things
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	Basic Black	Niagara Falls			The Adirondacks		
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	BBC World	Republican National Convention (HDTV) (Live)					
	68	68	68	TQS Les Simpson	Flash (SC)	Grande file	Extrême limite ** (1991, Action) Patrick Swayze, Keanu Reeves.					110 pour cent
	23	96	96	BNN Business News	Headline	Market Call	Commodities	Strictly Legal	Business News	Squeeze Play		Market Call
	18	18	18	CNN Republican National Convention Coverage of the Republican National Convention.								
	54	54	54	GOLF Post Game	PGA Tour Golf: Nationwide Tour - Utah Championship			PGA Tour Golf BMW Championship - First Round.				
	52	52	52	RSE Prime Time Sports		MLB Baseball Minnesota Twins at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Con.
	55	55	55	SCOR Score Update	Game On	Score on NFL	Poker Aussie Millions	College Football South Carolina at Vanderbilt. (Live)				
	45	45	45	SPD Unique Whips		Pinks (HDTV)	Pass Time	Pinks - All Out		Pinks - All Out (HDTV) (N)		Wrecked (N)
	53	53	53	TSN Off the Record	SportsCentre	NFL Football Washington Redskins at New York Giants. (HDTV) (Live)						SportsCentre
	43	43	43	FAM Life Derek	Wizards-Place	That's Raven	The Suite Life	Natural-Sadie		Han. Montana	Life Derek	Ned's School
	44	44	44	TOON World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	Eleen		Total Drama	Futurama	The Critic (N)
	26	26	26	TREE Fifl-Flowerlots	Backyardigans	Ni Hao, Kai-lan	Night Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch
	27	27	27	YTV Drake & Josh	iCarly	H20, Just Add	Home Improve.	Franklin	Franklin	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	16	16	16	A&E Cold Case Files		CSI: Miami		The First 48		The First 48 (HDTV)		Jacked: Theft
	70	70	70	APTN First Talk	News	Overseas Leg.	From the Spirit	Canadian Geographic		Circle of Champions		The Mix
	50	50	50	BET 106 & Park: BET's Top 10 Live (N)			Black Carpet	Three Can Play That Game (2008, Romance-Comedy)				Comic View
	37	37	37	BRVO Street Legal		Books-Film	In the Mind ...	The Letters	Water *** (2005, Drama) Seema Biswas, Lisa Ray.			
	97	97	97	CLT Mysterious Ways		Judging Amy		Last Chapter (Part 3 of 3)				Mysterious Wy
	25	25	25	CMT Ultimate "Outlaws"				Karaoke Star "Halifax, NS" (N)		Reba	Hope & Faith	Home Improve.
	49	49	49	COM Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park	Reality Bites
	153	153	153	COURT Truth, Duty, Valour		Bait Car	Texas SWAT	The Practice		Psychic Detect	Cops Uncut	Investigators
	38	38	38	DISC How It's Made	How It's Made	Daily Planet (N)		Naked Science Rockies.		Naked Science		MythBusters
	48	48	48	HGTV Holmes on Homes	House Hunters	House Hunters	Property Virgin	Holmes on Homes Atic.		The Fix	Disaster DIY	Junk Brothers
	46	46	46	HIST The Perfect Weapon		NCIS "Singled Out"		Lost Worlds		The Perfect Weapon		NCIS
	17	17	17	MM Pimp My Ride	disBand	Instant Star	Born to Be	Muchmusic Countdown		Instant Star		Instant Star
	19	19	19	MMM MusicProfile	mmmtop10.com		Back in	Canadian Idol Top three.		Canadian Idol	Where You At	Work for Diddy
	201	201	201	M1 (6) Recount (2006)		(8:15) The End of Silence (2006, Drama)				Goya's Ghosts (2006, Historical Drama)		
	23	23	23	OLN The Amazing Race		Ed's Up	Videos	Coltrane's Britain		Survivorman		Pilot Guides
	51	51	51	PEACH Friends	Seinfeld	Family Guy	Family Guy	Friends	Friends	Allie ** (2004, Comedy-Drama)		
	206	206	206	PIX (6:20) Heaven's Gate ** (1980, Western) Kris Kristoferson, Christopher Walken.						The Matrix *** (1999, Science Fiction)		
	67	67	67	RDI RDI en direct	RDI en direct	RDI en direct sur l'actualité		Grands reportages (SC)		Le Téléjournal (SC)		Elections prés
	39	39	39	SHOW Wife Swap Mindful wife. (N)		Painkiller Jane "Pilot"		ReGenesis "Blackout"		Trailer Park		Saving Grace
	40	40	40	SLICE Matchmaker	Til Debt-Part	End of Leash	ET Canada	Rich Bride, Poor Bride		Last 10		Bulging Brides
	47	47	47	SPACE Relic Hunter		Stargate SG-1 (DVS)		Star Trek: Voyager		Weird Science ** (1985, Fantasy)		Biggest Loser
	14	14	14	SPKE CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA IMPACT! (N)		
	98	98	98	STAR At the Movies	Star Treatment	Look-A-Like	Hollywood	TMZ (N)	eTalk	Katie & Peter: Next Chapter		Tonight Show
	21	21	21	TLC What Not to Wear		LA Ink (HDTV)		Overhaulin' (HDTV)		American Chopper		Street
	34	34	34	TROP Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	20	20	20	TVS Que-champion	Journal de Fr2	Toute une histoire		On n'est pas couché				Parité
	28	28	28	V Emily of New Moon		Murder, She Wrote		Fun-Funeral	Keeping Up	Murder at the Gallop *** (1963, Mystery)		
	22	22	22	V Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	251	251	251	WGN My Wife-Kids	According-Jim	Two/Half Men	Family Guy	90210 "We're Not in Kansas Anymore, The Jet Set"				WGN News

critics' corner

jPod Steve (Colin Cunningham) is addicted to heroin and thinks it's great! Unfortunately, his friends don't agree; they're not liking his new personality very much in "The Betty and Veronica Syndrome." Ethan (David Kopp) has his own problems when he becomes interested in two women — who happen to be friends with each other. No, Ethan, no. 8 PM on CBC



NFL Football Whose dreams of an undefeated season can the New York Giants ruin this season? Well, for starters, the Washington Redskins, if the Super Bowl champs have their way with their NFL East rival in tonight's season-opener at Giants Stadium, where 80,000 raucous fans await Eli Manning and his mates. Prescience notwithstanding, it's the Jints' first official appearance at home since bursting New England's perfect bubble in the Super Bowl. 8 PM on NBC



Hugh steps out with ex-model
Actor Hugh Grant has sparked rumours he is dating former model Catherine Fuller after the pair was photographed enjoying a day out in New York's Hamptons. [IMDB.COM](#)

Celebrity Buzz

Mischa uncovers rehab stint

PEOPLE Actress Mischa Barton has revealed she secretly checked into rehab after her drunk driving arrest last year. [imdb.com](#) reports.

The former *The O.C.* star was arrested on suspicion of DUI in December and was sentenced to 36 months on probation, alcohol education classes and a fine after pleading guilty to charges this spring.

Now Barton has revealed she punished herself over the lapse in judgment by locking herself up at an unnamed rehab clinic in a bid to prove to herself and the authorities she was not a drunk.

"I wanted to prove to the court that I would take it completely seriously, so I went to rehab to prove I was sober," she tells *Marie Claire's* U.K. edition. "It really helped in getting the more serious aspects of my case dropped because, you know,

that's what they want to hear; you're not an alcoholic and you don't have a problem. So I did it in the most low-key way possible — I didn't make a fuss about it and I didn't tell a lot of my friends. I just did the program and got through it."

Barton is still angry with herself for driving while over the limit.

"The thing is, I hate drunk drivers," she says. "Living in L.A., I can't stand them, and that's why I was so disappointed in myself. It's so not worth it when you put other lives at risk."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Kate lauds breakup

RELATIONSHIPS Kate Hudson says her divorce from Chris Robinson was the "best thing that ever happened" to her, [femalefirst.co.uk](#) reports.

The actress, who has a four-year-old son with the *Black Crowes* front man, insists the couple's relationship has improved dramatically since their legal separation in October 2007.

"Look — Chris and I are still basically living together. We've figured it out. I mean, obviously, nothing's perfect, but I could nev-

er look at our divorce as a mistake. If anything, it's the best thing that ever happened to us," Hudson tells *Cosmopolitan* magazine.

Hudson also revealed she doesn't regret forsaking her partying years to have a child.

"Am I going to look back and say, 'God, I wish I could have gone to that concert?' I'd rather be listening to my son sing songs. I'd rather be watching him sleep," she says.

METRO NEWS SERVICES



celebrity brief

Jonas may have inspired song

RELATIONSHIPS So who's the guy singer/actress Miley Cyrus is referring to in her song *7 Things*?

"The necklace she's wearing in the video is the necklace (the boy) gave her," the video's director, Brett Ratner, says. "She's wearing his diabetes or medical necklace."

Singer Nick Jonas, who split with Cyrus in late 2007 after two years of dating, has Type 1 diabetes and is a spokesperson for awareness of the disease.

METRO NEWS SERVICES



David pans cheat talk

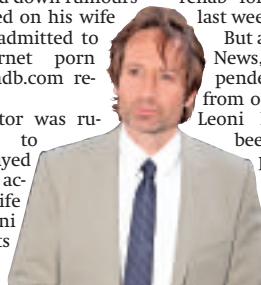
PEOPLE David Duchovny has played down rumours he cheated on his wife after he admitted to an Internet porn habit. [imdb.com](#) reports.

The actor was rumoured to have strayed from his actress wife Tea Leoni in reports that

emerged after he entered rehab for sex addiction last week.

But according to Fox News, Duchovny's dependency stemmed from online porn, and Leoni has reportedly been aware of the problem and has been supportive, says a source.

METRO NEWS SERVICES



Partying leaves Paris 'empty'

PEOPLE Hotel heiress Paris Hilton is curbing her party lifestyle because it leaves her feeling "empty," [femalefirst.co.uk](#) reports.

"I don't want to go to clubs now," she says. "I was caught up in a lifestyle that seemed fun at the time, but ultimately left me feeling very empty."

She attributes her reformed character to her boyfriend, rocker Benji Madden. "My boyfriend is my best friend. I stay home a lot and just enjoy my time with Benji. I'm a different person today," Hilton adds.

METRO NEWS SERVICES



"This makes no sense at all..."

by Joe O'Neill

A few days ago, I opined in this very column that the story about **David Duchovny** seeking help for sex addiction was nothing but a publicity play meant to coincide with the debut of Season 2 of *Californication*, in which Duchovny plays, of all things, a sex addict.

The latest revelation, that his problem relates to his alleged compulsive consumption of Internet porn, makes me both reach for my grab-bag of Grade 7 masturbation jokes and admit upon careful reflection that I was wrong.

Consider Duchovny's previous roles and a pattern emerges. In *The X-Files*, his character had a huge pornography collection. In *The Red Shoe Diaries*, he was a man who drifts each episode into a different, seedy coupling. In *The Rapture*, he was a swinger married to Mimi Rogers.

Even playing himself in *The Larry Sanders Show*, Duchovny was so sexually ambiguous and flirty that Larry had to stop seeing him socially.

So, I take it back. David Duchovny's quest for help with sex addiction isn't a cynical publicity play for his series. He's just a strange guy who may have been taught to imagine the audience in its underwear many years ago and has never looked back.

The truth is out there. David Duchovny's arm is really sore. I want to believe.

NEWSDESK@METRONEWS.CA

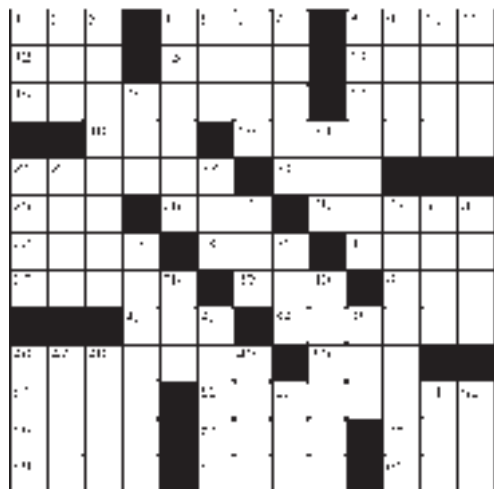


Beer and basketball?

Actor Sam Rockwell has revealed he will be starring as an alcoholic coach in a new movie. "It's a dramatic film about an alcoholic basketball coach and this girls' high school basketball team," he says. **FEMALEFIRST.CO.UK**



Take Five



Crossword down

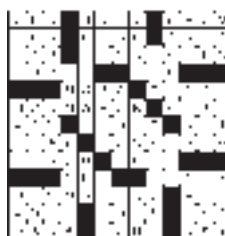
- 1 Neg. opp.
- 2 Chinese path
- 3 Developing an attachment?
- 4 Usage
- 5 Lennon's lady
- 6 Techno-datebooks
- 7 Sleep
- 8 Germ-free
- 9 Attempt
- 10 Mexican money
- 11 Charon's river
- 16 Potent stick
- 20 "— Wiedersehen"
- 21 Nonsense
- 22 Sandwich cookie
- 23 Young seal
- 27 Obtain
- 29 Kept tabs on
- 30 Takeout request
- 31 Booty
- 33 Some go for the gold
- 35 Roscoe
- 38 Bill's partner
- 40 1974 Dolly Parton hit
- 43 Rolling Stones classic
- 45 Shell-game need
- 46 Carvey or Delany
- 47 The yoke's on them
- 48 Pleased
- 49 A long time
- 53 "Smoking or —?"
- 54 Rd.
- 55 Evergreen type

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Crossword across

- 1 Bake sale org.
- 4 TV reality series
- 8 Venomous vipers
- 12 LummoX
- 13 Destroy
- 14 Cancel a dele
- 15 Flattery
- 17 Uncomplicated
- 18 Passbook abbr.
- 19 Orator's place
- 21 Redeemable item of yore
- 24 Trench
- 25 Swiss canton
- 26 Oktoberfest souvenir
- 28 Jabbers?
- 32 Give temporarily
- 34 "Married ... With Children" mother
- 36 Eats
- 37 Reason
- 39 — Mahal
- 41 Khan title
- 42 Tibetan gazelle
- 44 Big cheese
- 46 "Confound!"
- 50 Zodiac cat
- 51 Wheelbase terminus
- 52 Never to return
- 56 Approach
- 57 Privy to
- 58 Previous night
- 59 "No ifs, —, or buts"
- 60 Slave to crosswords?
- 61 Morning moisture

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A long chat leads to the revelation of feelings. Discord takes up precious time tonight. Take care around sharp objects.

TAURUS

APRIL 21-MAY 21

Play games with worthy opponents. Add a dash of fantasy to a dull afternoon. A friend is leading a life of quiet desperation.

GEMINI

MAY 22-JUNE 21

Prepare for general misunderstandings. You'll race around trying to jog your memory. You could get lost on the way home.

CANCER

JUNE 22-JULY 22

You and a friend have to agree to disagree. You have the power to defuse a tense situation. Do some serious research on an overbearing person.

LEO

JULY 23-AUG 23

Protest against those who are unappreciative of your efforts. You'll suddenly get a second chance. Someone throws you a curve ball at work.

VIRGO

AUG 24-SEPT 22

Stay centered and refuse to become cynical. Tone down your opinions before it's too late. You'll take a stroll down memory lane.

LIBRA

SEPT 23-OCT 23

Moping is not your style. Instruct others on the possibilities of magical goal-achievement. Something is causing emotional turmoil in a friend.

SCORPIO

OCT 24-NOV 22

People tend towards intellectual intensity. A former antagonist magically reappears. Do menial chores and expect things to return to normal.

SAGITTARIUS

NOV 23-DEC 21

Witnessing a traffic accident disturbs someone. You receive confirmation of awaited plans. Trust yourself when it comes to bureaucracy.

CAPRICORN

DEC 22-JAN 20

You'll struggle not to lose your temper. Give in to the pressure of thinking of others first. Good work leads to self-confidence and financial rewards.

AQUARIUS

JAN 21-FEB 18

Take steps to prove someone wrong. You produce one clever idea after another. Don't let petty irritations develop into major headaches.

PISCES

FEB 19-MAR 20

An absurd nickname is pinned on you. Do not engage in argumentative behaviour. Your normally overactive brain is somewhat sluggish.

Sudoku

		6					2	
3	2						6	8
		1	7			9	4	
8				1	4		7	
				8				
	9		5	6				4
	4	7			3	1		
2	3						9	7
	1					2		

previous day's answer

6	7	2	9	3	5	8	4	1
1	8	5	6	4	7	3	9	2
4	9	3	1	8	2	6	5	7
2	6	9	4	5	8	1	7	3
7	5	1	2	9	3	4	8	6
8	3	4	7	6	1	5	2	9
9	1	8	5	7	6	2	3	4
5	2	7	3	1	4	9	6	8
3	4	6	8	2	9	7	1	5

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

17-21: Smart
21-25: Not bad
25+ Keep practising
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WORDY GURDY

Wordy Gurdy is a word puzzle game that challenges your vocabulary and spelling skills. It features a grid of letters where you must find words hidden within. The game is available on various platforms and is a great way to test your word knowledge.

Halifax weather

Afternoon

Partly cloudy.
22°

Tonight

Partly cloudy.
16°

Friday

Sunny.
21° / 16°

Saturday

Cloudy.
21° / 17°

Sunday

Rain.
20° / 14°

The Weather Network
the-weather-network.com

Temperature Normals
High: 20.3°
Low: 11.7°

Records
High: 26.1°/1971
Low: 4.9°/1986

Sunrise: 6:40 a.m.
Sunset: 7:44 p.m.
Moonrise: 12:04 p.m.
Moonset: 9:27 p.m.

TWN incorporates MSC data

The Weather Network
the-weather-network.com

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#3 - Complete Your Package With 2 Designer Lamps!

6 Different Styles to Choose From!



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7yr NON PRO RATED Warranty

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	FULL	\$134
	QUEEN	\$149

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Sunrise

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	FULL	\$224
	QUEEN	\$249
	KING	\$243

Queen Size ea. pc.

Majestic

\$339	TWIN	\$239
	FULL	\$299
	QUEEN	\$339
	KING	\$299

Queen Size ea. pc.

Posture Care

\$179	TWIN	\$134
	FULL	\$149
	QUEEN	\$179
	KING	\$199

Queen Size ea. pc.

Nordic Rest

\$274	TWIN	\$199
	FULL	\$249
	QUEEN	\$274
	KING	\$253

Queen Size ea. pc.

Elite

\$374	TWIN	\$268
	FULL	\$339
	QUEEN	\$374
	KING	\$323

Queen Size ea. pc.

Chiro Firm

\$199	TWIN	\$149
	FULL	\$179
	QUEEN	\$199
	KING	\$216

Queen Size ea. pc.

Supreme Comfort

\$299	TWIN	\$224
	FULL	\$274
	QUEEN	\$299
	KING	\$276

Queen Size ea. pc.

Platinum Comfort

\$439	TWIN	\$294
	FULL	\$374
	QUEEN	\$439
	KING	\$366

Queen Size ea. pc.

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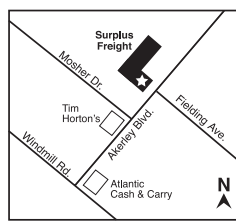
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